Health

Appointment Escort

Medication Reminders

Monitor diet/Eating Habits

Check Food Freshness

Pick up prescriptions

Safety Supervision

Brain Fitness Activities

Meal Preparation

Assist with light exercise

Help getting in/out of bed

Hygiene

Incontinence care

Assist with bathing

Assist with grooming

Transportation to hair stylist

Toileting

Assist with oral care

Companionship

Watch movies

Play games together

Read together

Assist with hobbies

Review the activities of the day

Listen to music together

Look at family photos

Home

Light housekeeping

Wash dishes

Assist with moving around the house

Dust

Laundry

Take out trash

Change linens

Answer the door

Answer the phone

Grocery shopping

Help reading mail

Vacuum and mop floors

Mail bills and letters

Identify trip hazards

Personal

Assist with dressing

Running errands

Schedule appointments

Clip coupons

Transportation

Family respite care

Write letters or emails

Birthday and Anniversary reminders

Shop for gifts

Maintain calendar